

ROAD TO THE FINAL FOUR

After an 87 to 71 victory over #2 seeded Alabama, I knew there was no stopping the Fighting Irish, so I called Monday morning to put our names on a list to the Final Four. Monday night the Irish trounced George Washington, so then it was wait and see if we could get a pair of the 600 tickets that were being made available. Fortunately we had joined the Fast Break Club this year, and I can truly say that membership does have its privileges, as the President called us Tuesday morning to say that we had tickets.

The University had chartered and paid for a bus, so all we had to do was pick up our tickets. Friday morning we loaded the bus and headed to Cincinnati. Ten minutes on the other side of Indy, the bus driver couldn't get the bus into fifth gear. We stopped for a short time and then started again. After driving several minutes at 50 mph, we came to a hill and on the way down, the bus kicked into fifth gear and we were off. We got to the motel and had enough time to change quickly, then head downtown for the pep band rally and contest.

After the rally, we headed to the Coliseum to join 16,000+ other folks who had come to watch the Final Four. The Old Dominion-Stanford game was first. It looked like a Stanford blowout during the first half, but Old Dominion battled back to send the game into overtime, eventually winning by 1 point.

The N.D.-Tennessee game didn't start until after 10:00 p.m. The Fighting Irish kept it a tight game until the last 6 minutes, but unlike the bus, they couldn't find a hill to kick them into 5th gear, though they did put up a valiant effort. I think the most exciting thing about this year was watching the Irish grow as a team. I never thought that I would become a basketball fanatic, but I guarantee if you go to a few games, you will catch the spirit. You can join the Fast Break Club for \$15.00 per person (a family pass is \$40) and attend all the home games. For more info, call 631-5420 and ask for an application.

We were impressed how nice everyone was on the bus and the good sportsmanship displayed in the Notre Dame fan section. We are looking forward to many more exciting seasons and we would like to thank everyone-players, coaches, and fans for a wonderful year.

K & M

While the Notre Dame women's basketball team stats are impressive we shouldn't forget that the N.D. women's soccer and volleyball teams are also winning tournaments. The sad part is that few people turn out for these games until teams

are in the final playoffs. For the first 6 Irish home basketball games the average attendance was only 600 fans while most of the men's games are sold out. The coaches and athletes can be proud of their accomplishments. We can only hope that our sports loving society will soon catch on to the competitive skills that women athletes display.

To apply for the 1998 Women's Final Four event, call 913-722-2333 or write: 1998 Women's Final Four, P.O. Box 411377, Kansas City, Mo. 64141-1377 Ticket applications will be available thru May 9 and must be received back no later than midnight May 30, 1997

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WGCS, 91.1 FM presents "A WOMEN'S CIRCLE" every evening from 6:00 p.m. to 7:00 p.m. Word has reached us that the signal for WGCS isn't very strong and may be overwhelmed by WAUS (90.7)

OPEN ARMS DEADLINE/MEETING

The deadline for submissions for the June newsletter is May 16th. Submissions received after May 16th may not be published in the June newsletter. Mail submissions to *Open Arms*, P.O. Box 845, Mishawaka, IN 46546 or give to any staff member.

Newsletter Meeting May 11, 6:30 p.m. For more information call 219-271-0338

OPEN ARMS STAFF

Suze.....	219-254-8676 (Beeper)
Kaye & Marcia.....	219-271-0338
Jean.....	219-259-2177

COMMUNITY EVENTS

DUE TO THE UPCOMING SOFTBALL SEASON, 3rd FRIDAY OUT WILL BE POSTPONED through the month of August.....you are invited to attend the games and cheer the team on to victory!! To check on the Whistle Stop schedule just call CityLine 674-0900 and punch in 6765 for the sports update

Cris Williamson & Tret Fure "Between the Covers" 1997 CD Release Tour

MAY 7, The Ark, Ann Arbor, Mich. (313-763-8587)

MAY 9, University of Michigan (517-484-1712)

MAY 10, Centennial Hall, Milwaukee, Wis. (414-533-8867)

MAY 11, Canal St. Tavern, Dayton, Ohio (513-461-9343)

MAY 10, 7:30 pm.....Mountain Moving Coffeehouse, 1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois, (773-477-8362) hosts its second annual bi-panel discussion, "Intellectual Intercourse II." this year's topic deals with issues of age, race and gender. Bring your questions, concerns and insights. We would like to have a healthy discussion on issues that concern the future of the bi-movement. All womyn-born-womyn lifestyles encouraged to attend.

MAY 10, 1:00 P.M.....The Walk For Unity Gathering at the Perley Elementary School, 740 N. Eddy - Chalfant Entrance, South Bend.

For more info 219-289-4467 Or 288-7053

The walk for unity is designed to help us to get to know one another better.

Walk with us as friends and neighbors.

People are different. People are the same.

Let's celebrate unity in diversity.

May 16-18the 3rd ANNUAL GATHERING OF PRIESTESSES in Southwestern Wisconsin. The gathering will be held at a state park approx. 2 hours from Madison. The indoor camp includes a lodge and communal bunkhouse-style cabins with bathrooms and hot showers. Vegetarian meals will be served. Attend workshops with topics like 'Celebrating the Goddess through Dance and Movement.' Registration fee \$90-\$120. SASE for free brochure, RCG, Box 6677, Madison WI.53716 Contact Deb or Jade 608-257-5858

NOTRE DAME SOFTBALL
Only one game this month!!

SATURDAY, MAY 10, 1:00 P.M.
vs DEPAUL

MAY 3-4 BIG EAST Championships in Storrs, Conn. TBA

MAY 16-18 NCAA Regionals TBA



UP AND COMING EVENTS

MAY 29-JUNE 1 in Bloomington, In.....National Women's Music Festival

NWMF, PO Box 1427 Indianapolis, IN. 46206-1427
phone/fax 317-923-4995 email via@indynet.com

JUNE 7, 7th Annual Gay & Lesbian Day at Disney in Florida

Other events are scheduled for the entire weekend that runs Thursday, June 5 through Monday, June 9. Over 60,000 people attended the 1996 event and 80,000 are expected this year. A complete up-to-date schedule of all events, ticket information, and hotel package information can be found on the Official Web Site: <http://www.gayday.com/> or info may be obtained by E-mail: questions@gayday.com.

JUNE 14-15.....Statewide Pride Events have been scheduled in Indianapolis at University Park. This year 1/2 of the proceeds benefit Justice, Inc. and the remaining 1/2 will benefit the Tri-State Alliance. For more information, write: TSA, P.O. Box 2901, Evansville, IN. 47728

JUNE 21, 8 pm-12am (IND) 9pm-1am (MICH)

Lavender Rhythm is having a Summer DANCE, Pickwick Place, 219 N. 4th St. Niles, Mich. Admission is \$7.00 at the door. Womyn only, smoking room inside, BYOB. For more info (616-684-7362)

JUNE 21.....Women's National Basketball Association, sponsored by the NBA, is to debut. Eight teams will have a 28 game season that concludes August 30th. Players include Rebecca Lobo, Sheryl Swoopes, and Lisa Leslie. All were members of the USA's gold-medal winning Olympic team.

AUGUST 12-17 near Hart, Michigan.....Michigan's 22nd Womyn's Music Festival

WWTMC, Box 22, Walhalla, MI. 49458
phone 616-757-4766 fax 616-757-3414

SEPTEMBER 6 in Columbus, Ohio....Ohio Womyn's Festival
womyn's music and craft booths... (11am-12mid)
for more info.....614-267-3953

LESBIAN SUPPORT GROUP

Every Tuesday ..7-9pm.... for info: write to
LSG, P.O. Box 1612, Mishawaka, Ind. 46544

PFLAG (Parents and Friends of Lesbians & Gays)

Meetings are held on the 4th Sunday of the month 2-4pm at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend, IN. For more information: Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, IN. 46634-4195
ON-LINE ...<http://www.pflag.org>.

BEST FRIENDS

When I was real little kid, most of my friends were of the male persuasion. I mean, they were the tree-climbers and mud-diggers. It must have been around grammar school that kids get sorted by sex. All of a sudden it wasn't okay for the boys to be playing with a girl.

But I hated paper dolls and Tiny Tears. My playmates started getting boy-crazy by about fifth grade. One day my best friend wasn't home when I stopped to walk to school with her. I saw her across the street, walking with Pam. Pam! She was one of those *hoody* girls -- the ones the older boys were after.

That's when I found my first real best friend. Charlie was two to three years younger than me and still a tomboy. We roller skated and played cowboys. We both knew we'd be friends forever. Then Charlie moved to a fancy house in a ritzy town.

Things got kind of confusing at adolescence. I couldn't find the line between friendship and romance. I was looking for what I had with Charlie, but ended up making out instead of riding mock horses. I wanted the playfulness, the devotion and the companionship, but all I played was musical beds.

That went on for twenty years. I forgot how to do friendship. I just kept "falling in love." Eventually, I got tired of the drama and trauma of it all. I wanted one true love *and* friends. But what was a friend?

Of course there was always Patsy, my assistant store manager. We talked on the phone every night and never ran out of things to say. There was June, our relief manager. She and Patsy would come up when the three of us were off and sit around the kitchen table talking and laughing till Patsy had to get back to her six kids, June to her husband and four kids. There was Lynn too, an ex with whom I had dinner once a week for fifteen years or so. I take no credit for that. Lynn's simply good at taking the time for a phone call, remembering birthdays, ignoring her shyness and reaching out.

What can I say? I process slowly. One night when I was out with Lynn, about ten years after we stopped being lovers, it hit me. "You know what I just figured out? You're my best friend!"

That realization changed my perspective. If Lynn was a friend, what did that make Patsy and June? Wow. I had friends!

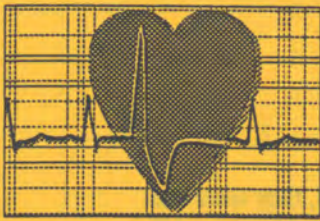
Then I pulled a Charlie. I moved across the country. I worked part-time out of my home so I wasn't likely to meet any Patsys or Junes. Lynn and I talked monthly, but would we, with such different lives, she urban, me rural, she a secure state employee, me a struggling writer, drift apart?

I've since found my true love, but pure friendship remains a mystery to me. We don't get many Charlies in our lives. It's only in childhood that we have the time to spend hours kicking around the yard with someone.

It's taken a while for me to accept that it's okay to be friends with someone just for today and without the kind of intense connection I once required. Somewhere along the line I re-learned that old childhood talent for having fun.

Nest week Lynn's flying out here for a visit. I'm really excited. She's the one who taught me, after all, that friendship is more like a houseplant than an exotic orchid. Vaired, common, requiring a little care and a lot of constancy. We've known each other since 1964. We may not climb trees together, but I think I've got a friend.

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HEALTH BEAT

Hugging, Holding Good for Body Image

Hugging and cuddling in childhood contribute to a healthy body image as children grow into adults. In a study of patients suffering from anorexia and other eating disorders in which the body image is distorted, researchers found that "nurturance by touch" was felt to have been missing in many patients' childhood years. The significance of a caring touch was especially strong for women during their developmental years. The troubled women reported a lack of cuddling and hugging not only as children, but in their current life as well. Physical nurturing such as hugging and cuddling continue to be important to adults- especially women- for a healthy sense of physical self or body image.

.....from the Journal of Psychosomatic Research

And from SELF magazine.....

Healthy Weight at 30, 40, & 50

Weight loss after the age of 50 has been linked with an increased risk of hip fracture, according to an eight-year study of 3,683 women by the National Institute of Aging. Since weight loss decreases bone mineral density, it's a wiser course to drop excess pounds in your thirties and forties.

Misdiagnosing Yeast Infections

Only 11% of women who had never been diagnosed with a yeast infection were able to correctly identify one after reading scenarios of yeast infections and four other urogenital conditions. Only 35% of women who had been previously diagnosed with a yeast infection accurately recognized one.



FROM OUR READERS

To Open Arms Staff,

It is unfortunate you have lost two staff members. Although I admire any woman with strong convictions, I agree and support your stand on the "religious issue". You provide a valuable service to our community - to inform and to entertain. What a task that must be as we are all so very different. We don't all play ball or go to the dances, many live in isolation for which you provide a window. Only in an ideal world would the common thread that binds us together, who we love, cause us to accept and embrace one another despite those differences. Perhaps the newsletter is a tool to help create the ideal.

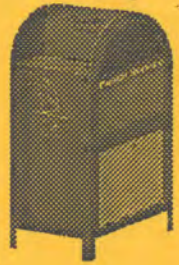
I hope the talents lost are quickly assumed by others and that the loss isn't evident.

Thank you for being that window.

Vicki W.



COURT OF FRIENDS



Okay all you singles!! Looking for that special someone?? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another.

Send your information to:

The Court of Friends

P.O.Box 845, Mishawaka, IN. 46546

You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information).

Those wishing to respond to a published single may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends P.O. Box. Your reply will then be addressed to the corresponding single and mailed.

#58 Do you love to dance and romance? Are you looking for your dreamlover? Well, Here I am! SWF looking for SWF, 28-36 to share my love and life with. No drugs, only hugs. Write Me. I'll be waiting.

#59 "I'm a northern woman who enjoys life. I believe in honesty and truth. I'm owned by a nine year old small dog and learning to understand cats. I love pow wows, since I'm part Native American. I'm a classic clown, being dyslexic. I like to spend time learning new things and being energized by new adventures. Love to dance though my feet don't know where to go. "Hey Leaping Lesbians try something new- -ME!!

#60 Single, white, Christian, professional, feminine, attractive lesbian; age 28 seeking a woman with a deep sense of integrity and self-worth. A woman who had a belief in God and who has a gentle spirit. Seeking a feminine and attractive woman who is full of life. A woman who enjoys giving and receiving affection. Seeking someone who enjoys the beach, bicycling, conversation,, music, learning, reading, cuddling and the list goes on....

Please respond if you are under 40 and are substance-free. No games/no players. Friendship first/ possible relationship.

Woymn to Womyn.....a lesbian/Bi correspondence club would like to invite you to become a member of their club. Included with your membership is the WtoW magazine which lists over 300 current members, both US and Worldwide. Book reviews, poetry, dyke cartoons, and health information are just some of the things you'll find in WtoW. Send \$5.00 for a "discreetly" mailed sample copy or SASE for more info: WtoW, 110 Cummings Lane, Rison, Arkansas 71665, (501) 325-7006



IN THE NEWS

First of all, we would like to apologize to the Lesbian Connection for not giving them credit when using a couple of articles in last month's column and secondly, we ask everyone to list their sources when submitting anything that you would like to share with our readers.....We want to give our sources credit whenever possible!!

from PFLAG.....Gay & Lesbian Periodicals
on the Internet

Advocate Magazine: <http://www.advocate.com>

Between The Lines: <http://members.aol.com/BeThLines>

Frontiers Magazine: <http://www.frontiersweb.com>

Out Magazine: <http://www.out.com>

Washington Blade: <http://www.washblade.com>

HERE COME DA' JUDGE

Nearly 32% of President Clinton's appointments to the federal bench have been women.

In 1985 the percentage of women judges in the federal courts was 6.5%. In 1995, the total percentage of women judges jumped to 12% with the greatest increases coming in the US Supreme Court, from 10% to 22% and in the US District Courts, from 6% to 12%.

.....from the USA TODAY

GAY FILMS NOW BANKABLE

Off-putting for some, a new wave of movies featuring matter-of-fact gay and lesbian lines are proving relatively popular and quickly have become safe financial bets.

Most of the gay-themed movies at both the Palm Springs International Festival and the prestigious Sundance Film Festival in Park City, Utah, are either foreign films or independent movies made outside the Hollywood studio system. But, the major studios are actively developing an array of film projects with strong gay and lesbian elements and more prominent straight actors are playing gay parts. This new surge of films departs dramatically from many recent movies in distinct ways: They are honest and candid, and gayness is simply a part of the characters' lives rather than the underlying plot device. Secondly, the characters' sexuality in the new films is almost incidental; they just happen to be gay, that's who they are, rather than what the movie is about. One lesbian manager says a New York bank wants to invest in gay-themed movies: the bank's research shows they are a safe gamble. Gay-themed movies, "It's My Party", "French Twist", "The Adventures of Priscilla, Queen of the Desert", "To Wong Foo, Thanks for Everything! Julie Newmar", did well at the box office. Despite all the progress there is still much ground to cover. If gay movies like "Antonia's Line" can play in Palm Springs, they can play anywhere.....From the *South Bend Tribune*

A

Today I walked on a beach where I've walked alone many times before.

I looked out at the misty fog, recalling your deeply scared heart.

I saw a broken beer bottle, as the Past raced across my mind.

The smashed shells reminded me of things left unsaid.

Yet as the sun shown through the clouds and the waves washed to shore my footprints were not erased.

I only wish the hot Gulf were the cool blue Pacific. But if it were, I would die trying to swim across to you.

submitted by LINDALEE M.T. BLAKE



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The Executive Woman's Travel Network

Delta Airlines and American Express Web site on the Internet (<http://www.delta-air.com/womenexecs>) offers tips on travel safety, health & fitness on the road and more.

**the above listings are in addition to the travel column we printed in January's issue. We will continue to update you with more travel information as it becomes available.

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ATTENTION ADVERTISERS!!

Advertising rates are billed as follows:
For the calendar year beginning January 1,
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Our mailing list is kept confidential and never given to other publications or special interest groups.



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to this column for free; just send the info to P.O. Box 845,
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1997

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				1	2	3
4	5	6 LSG 7-9 pm	7	8	9	10  N.D. vs DePaul 1:00 pm
11 Open Arms MOTHER'S DAY	12	13 LSG 7-9pm	14	15  Birthday wishes to: KIM Z.	16	17
18	19  Happy Birth-day DIANE M.	20 LSG 7-9pm	21	22	23	24
25 P-FLAG 2-4 pm	26  Memorial Day Observed	27 LSG 7-9pm	28	29 National Women's Music Festival begins today & runs thru June 1	30  in Bloomington, Indiana	31  Best Wishes to: BARB W.

**** May 11, Anniversary DES & KELLY****